

ADULT HEALTH AND FITNESS CLASSES

MINDFULNESS- BASED STRESS REDUCTION AT MEADOWLARK BOTANICAL GARDENS s/c

Instructor: Trisha Stotler

Mindfulness – Based Stress Reduction (MBSR) is an intensive course designed to transform your relationship to stress, improve your health, and increase your enjoyment of life. Research shows that many people who complete this course report:

- Lasting decreases in physical and psychological symptoms
- An increased ability to relax and enjoy each moment
- Lower pain levels and/or a better ability to cope with pain that may not go away
- Improved self-esteem, self-acceptance and confidence
- Cultivating powerful inner resources for coping with life stressors
- Greater energy and enthusiasm for life

The class consists of eight 2-hour classes, and one half-day retreat. Classes are highly participatory and practical. The course includes guided instruction in mindfulness meditation, mindful movement exercises, group discussions, and exercises to help bring mindfulness to challenging situations in everyday life. Homework consists of 15 – 45 minutes of daily practice with specially designed materials.

For more information call Cheryl Harlan at 703-255-7801.

April 14 – June 16 includes a part day retreat on

May 23 – class runs 9 weeks

441333 A1 - W – 10:30 a.m. – 12:30 p.m.

Fee: One fee for everyone \$375 Repeaters: \$175

TOTAL FITNESS AEROBICS – THE ULTIMATE CARDIO WORKOUT s/c

Ages 16 and up

Instructor : Nina Crissey (AFAA certified with over 20 years experience)

This fun and challenging class is designed to increase cardiovascular fitness along with developing tone through muscular conditioning. This low-impact, high intensity workout is designed to meet the needs of all levels of fitness. This one-hour workout consists of 40 minutes of aerobics including stand-up toning exercises and 20 minutes of floor work concentrating on abdominal muscles and legs. Enjoy top 40, classic rock and high energy favorites while you get in great shape. Men and women are welcome. Please remember to bring a water bottle and towel or mat. For more information call Nina @ 703-255-6630 or visit

www.totalfitnessvienna.com.

April 6 – June 24 (No class June 15)

433020 A1 – T/TH, 6:00 p.m. – 7:00 p.m.

Fee: R \$230 / NR \$287.50 – Twenty three classes

April 10 – June 26

433020 C1 – S - 8:30 a.m. – 9:30 a.m.

Fee: R \$120/ NR \$150 – Twelve classes

JAZZERCISE s/c

Teens and Adults

Instructor: Joan Brown

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz country, funk and classics. Easy to follow fun choreography includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. To register call 703-802-1483.

M/W/F - 9:30 a.m. - 10:30 a.m.

M/W - 6:30 p.m. – 7:30 p.m.

Fee: \$42 monthly pass

\$10 per class for walk in.

JAZZERCISE ON THE LIGHTER SIDE s/c

Teens and Adults

Instructor: Joan Brown

Fitness that's not intimidating, just invigorating! This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance and flexibility using easy-to-follow movements. Whether you are a beginner, newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted, you can't go wrong with this popular light version of the original Jazzercise program. For more information Call 703-802-1483 to register.

T/TH - 5:45 p.m. - 6:45 p.m.

Fee: \$42 monthly pass

\$10 per class for walk in.

ZUMBA - LATIN AEROBICS s/c

Ages 14 and up

Instructor: Lupe Rother

Have Fun dancing to Zumba, an aerobics dance class with Latin and other exotic world beats, and become a fitter you! This dancercise class promotes freedom of expression through body movement while tapping into the energy and excitement of Latin dancing. It will help you to strengthen, shape, burn calories, tone & sculpt your body, while you learn popular dances such as Merengue, Salsa, Belly, Cumbia, Samba, Bachata, Reggaeton, Cha Cha and more.

April 12 – June 7 (No class May 31)

433021 A1 – M - 7:00 p.m. – 8:00 p.m.

April 10 – June 5 (No class May 1)

433021 B1 – S - 10:00 a.m. – 11:00 a.m.

Fee: R \$80 / NR \$100 – Eight classes

ADULT HEALTH AND FITNESS



PILATES WITH PROPS s/c

Ages: 14 and up

Instructor: BodyMoves Fitness, LLC

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands and sponge balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through the use of the Swiss Ball. (Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from instructor or bring your own.) **Please bring a mat to class.**

April 13 – June 1

433500 A1 – T - 12:30 p.m. – 1:30 p.m.

Fee: R \$96 / NR\$120 – Eight classes

BEGINNING PILATES s/c

Ages: 14 and up

Instructor: BodyMoves Fitness, LLC

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "powerhouse" are; enhance balance and muscle control while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine, and connect mind to muscles using the breath and mental focus. **Please bring a mat to class.**

April 14 – June 2

433500 B1 – W - 7:00 p.m. – 8:00 p.m.

Fee: R \$96 / NR\$120 – Eight classes

STROLL'N SHAPE

Instructor: Sharon Turner, ACE Certified Personal Trainer and Group Fitness Instructor

Stroll'n Shape features a total body workout in a comfortable baby friendly environment. The workout includes interactive exercises with mom and baby using Pilates techniques. Strength and muscle conditioning is the focus using equipment which will be provided. There will be an added emphasis on regaining core strength.

Please bring a mat and towel to class First class will meet at the front of the Community Center

April 12 – June 7 (No class May 31)

403050 A1 – M - 9:30 a.m. – 10:30 a.m.

Fee: R \$96 / NR \$120 – Eight classes

April 14 – June 9

403050 B1 – W - 9:30 a.m. – 10:30 a.m.

Fee: R \$108 / NR \$135 – Nine classes



MORNING FITNESS WAKEUP s/c

Ages: 18 and up

Instructors: John Mays and Nathan Greiner (certified personal trainers)

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own trainer at a fraction of the cost. The program runs continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate:

~ Weight Training – strong bones and muscles, weight management

~ Cardiovascular (indoor / outdoor) – increase heart efficiency, weight management

~ Flexibility Training – connective tissue health

March 8 - April 9 (No class March 29, 31, or April 2)

333429 C1 – M/W/F – 6:00 a.m. – 7:00 a.m.

April 12 – May 7

333429 D1 – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$186 – twelve classes

May 10 – June 4 (No May 31)

433429 A1 - M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$136 / NR \$170 – Eleven classes

CARDIO BOXING S/C

Ages 16 and up

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

March 10 – May 12

433022 A1 – W – 8:15 p.m. – 9:00 p.m.

Fee: R \$110 / NR \$137.50 – Ten classes

REGISTRATION

IN TOWN - FEBRUARY 1

OUT OF TOWN - FEBRUARY 8

ADULT HEALTH AND FITNESS

HATHA YOGA

Teens and Adults

Instructor: John Giunta, MA

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic yoga teachings. Dress for movement and bring a mat. John has made a pilgrimage to India, studying Vedanta and Raga yoga. He is a senior teacher with nearly 30 years of teaching experience. A published author with numerous media appearances, he is also a certified Phoenix Rising Yoga Therapist and consultant on yoga listed with George Mason University Arts Wellness. John provides his own live music for meditation at the end of the class.

Beginner

April 13 – June 8

433050 A1 – T – 7:00 p.m. – 8:30 p.m.

Fee: R \$81 / NR \$101.25 – Nine classes

April 12 – June 7 (No class May 31)

433050 C1 – M – 12:30 p.m. – 1:30 p.m.

Fee: R \$48 / NR \$60 – Eight classes/one hour

Beginner/Intermediate

April 17 – June 12

433050 B1 – S – 7:00 a.m. – 8:30 a.m.

Fee: R \$81 / NR \$101.25 – Nine classes

Advanced

April 15 – June 10

433051 A1 – TH – 7:00 p.m. – 8:30 p.m.

Fee: R \$81 / NR \$101.25 – Nine classes

KUNDALINI YOGA

Ages 16 and up

Instructor: Hari Kaur Khalsa

Kundalini Yoga combines asana (posture, breath, movement), and meditation to bring a deeper experience of the self. It also physically stimulates the immune and nervous system which may bring relief from problems such as stress and insomnia. When combined with specific asana instruction, the experience of self becomes deeper and more physical imbalances such as back pain, joint stability and muscle tension may be more readily addressed. Please bring a yoga mat and light blanket with which to cover yourself during deep relaxation.

April 15 - June 3 (No class April 29)

433052 A1 – TH - 9:30 a.m. - 11:00 a.m.

Fee: R \$63 / NR \$78.75 – Seven classes

YOGA SCULPT AND STRENGTH s/c

Ages 16 and up

Instructor: Body Moves Fitness, LLC

Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony while toning your musculature and preserving bone density. Weight bearing positions apply correct force to muscles around the bones, promoting strength and encouraging maintenance of bone mineralization. Use breath and focus to work fully with decreased stress and injury. Please bring a mat and light hand weights (1 – 2 lbs.) to class.

April 12 – May 24

433501 A1 – M - 7:30 p.m. – 8:30 p.m.

Fee: R \$77 / NR \$96 – Seven classes

BEGINNER YOGA-CHI s/c

Ages 16 and up

Instructor: BodyMoves Fitness LLC

This integrated, "fusion" class offers the combined benefits of yoga and Tai Chi, instructing in fundamental, age-old forms of movement patterns and postures that help you feel more invigorated, energized and balanced. These movements both relax and stimulate the body in accessible ways, addressing strength and flexibility through moving meditation. **Please bring a yoga mat to class.**

April 12 – May 24

433501 B1 – M - 6:30 p.m. – 7:25 p.m.

Fee: R \$77 / NR \$96 – Seven classes

TAI CHI CHAUN

Ages 17 and up

Instructor: TBA

Tai Chi Chuan is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force present with every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes going in all directions. Tai Chi Chuan builds good physique, as all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Beginner

April 12 – June 9 (no class May 31)

433030 A1 – M/W – 7:00 a.m – 8:00 a.m

Fee: R \$68 / NR \$85 – Seventeen classes

Intermediate

April 13 - June 10 (No class May 4)

T/TH - 7:00 a.m. - 8:00 a.m.

This a group run drop in program - no fee